

# TALON TIMES

***Mission: Plan, direct and control all air operations in support of amphibious forces, and provide combat-ready-detachments to deployed Amphibious Ready Groups.***

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**TACRON TWELVE**  
*Commanding Officer,  
CDR Daniel P. Hopkins*



## **FROM THE COMMANDER'S DESK...**

**TACRON TWELVE**  
**APR/MAY/JUN**

Dear Talons, Families and Friends,

It was great to see many of you at our annual command luau. The food and fun was plentiful and everyone appeared to enjoy the afternoon on Gator Beach. We even had sunshine for the last hour or so. Thanks to the MWR members and other volunteers who sacrificed a little fun of their own to make this event a success. I absolutely loved seeing the squadron and families playing and breaking bread (and pig) together.

DET THREE recently left on deployment to support the Forward Deployed Naval Forces (FDNF) in the Pacific. They will embark the USS BONHOMME RICHARD (LHD-6) and will participate in the TALISMAN SABER 2013 exercise with the Australian Navy and are scheduled to participate in the ULCHI FREEDOM GUARDIAN exercise with the South Korean armed forces. They are rumored to also make a stop in Hong Kong. Hopefully, that will carry through as it is one of my all time favorite ports of call. I am confident they will work hard and achieve operational excellence in the Pacific. I too will take a trip to meet them in theater and then participate in TALISMAN SABER from "Camp Rocky" in Rockhampton Queensland, Australia. The XO advised me to bring my snake boots and crocodile repellent in my sea-bag, so please wish me luck.

In June, we bade farewell to ACCM Ellis as he moved on to greener but hotter pastures in Pensacola after serving as our Command Master Chief for the last two years. His leadership and sage advice within the squadron will be missed. Good luck Master Chief, the future of the AC community is counting on your wisdom in Pensacola. ACCM Taylor arrived this month from Kaneohe Bay Hawaii. I am told that Master Chief Taylor is a repeat offender in the TACRON TWELVE spaces meaning that he is an Old TALON. Therefore, I would imagine that if anyone was thinking of pulling one over on the new CMC, they better think twice because he has probably seen it or done it before. Welcome back Master Chief, we look forward to you leading the current cadre of talented TALONS.

The summer vacation season is here and I hope that you can all take advantage of the great weather and time with the family. Please have fun and enjoy the season but please make it to the fall in one piece.

Be careful with the 3 D's (dumb, different, dangerous) as you enjoy the sunshine and beach.

I am honored to serve with you. Always set the example and do things the TALON WAY!

**Best Wishes,**

**CDR Daniel "Disco" Hopkins**

[dan.hopkins@navy.mil](mailto:dan.hopkins@navy.mil)

**689-437-2594**



## *The Ombudsman Corner*



Phone Contact Information: (619) 203-4101

Email: [tacron12ombudsman@gmail.com](mailto:tacron12ombudsman@gmail.com)

### *Hello Tacron 12 Family!*

I am your newly appointed ombudsman and I look forward to interacting with all of you. It is with great joy and honor that I take on this role and I hope to make you feel informed and prepared as we embark on this journey together. I will do my best to provide you with a wealth of resources, however, feel free to let me know what YOU need! I am here for you!

Before I go any further I think it's only fair that I share a little bit about myself. I have been a military spouse for almost 16 years. During this time, I have experienced numerous deployments and separations. I know firsthand the joys and struggles of being a Sailor's significant other. Like you, I am still learning how to better support his career. I have found that he thrives when I'm thriving! Nothing sets a Sailor free like knowing home is well taken care of while he's deployed. As Command Ombudsman, it's important for me to realize that what works for me may not work for you. That's why I've been flooded with resources to help you figure out a plan in which to keep you (and ultimately your Sailor) healthy and thriving!

This newsletter is a wonderful tool and as I learn more I will share more. Just remember if you need help or just a little something different, contact me and I'll be happy to point you in the right direction.

*Sincerely,*  
*Your TACRON 12 Command Family Ombudsman*







**Did your spouse recently deploy?** Don't forget that The United States Postal Service (USPS) offers **FREE** packing material to families of military members deployed Overseas! **To order call: (800) 610-8734. Press "1" (For English). Press "1" again (For Operator). Ask for the "Carekit04".**



This Military OneSource Navy portal allows access to Navy-specific news, resources and social media with a simple click. Navy's fleet and family programs provide a full array of services, information and tools to assist Sailors and family members in achieving personal and career goals as they excel in meeting the obligations and challenges of Navy life through resilience and self-reliance.

*Call. Click. Connect.*

<http://www.militaryonesource.mil/navy>



June was Post-traumatic Stress Disorder (PTSD) Awareness Month. Although we've entered into July, I still feel it's important to share. PTSD is a serious condition that affects a growing number of wounded warriors and their families. To learn more about PTSD and find helpful resources or to access information on warrior care, contact **Navy Wounded Warrior - Safe Harbor** at **855-NAVY WWP (855 628-9997)**, [navywoundedwarrior@navy.mil](mailto:navywoundedwarrior@navy.mil) or <http://safeharbor.navylive.dodlive.mil>

## FOCUS: Family Resiliency Training™ for Military Families

### *Strengthening the Home Base!*

**FOCUS (Families Over Coming Under Stress™)** provides resiliency training to military children and families. It also teaches practical skills to meet the challenges of deployment and reintegration, to communicate and solve problems effectively and to successfully set goals together and create a shared family story.

#### Site Location

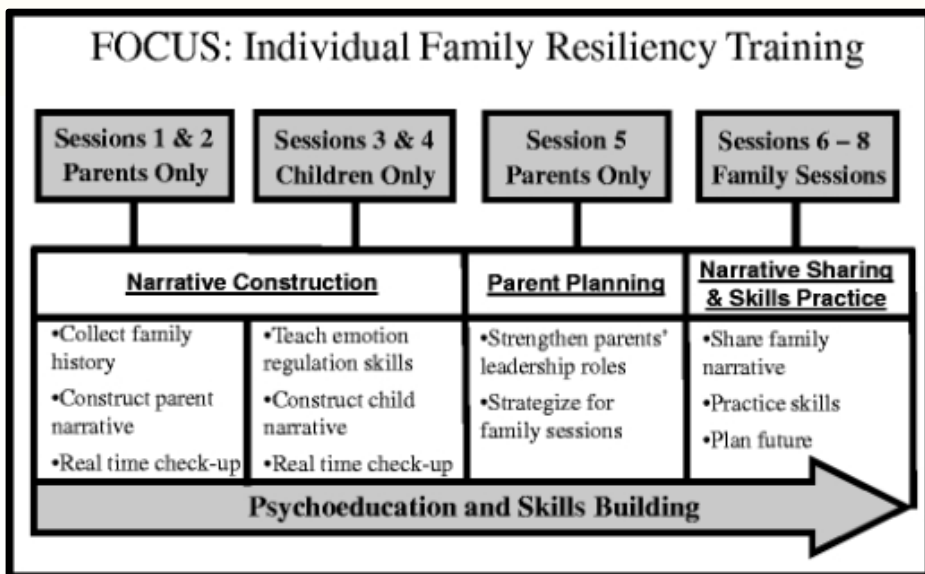
Naval Base San Diego San Diego, CA 92136

Dolphin Alley, Bldg. 265

Phone 619.556.6075

Fax 619.556.6076

[SanDiego@focusproject.org](mailto:SanDiego@focusproject.org)



# Fleet and Family Support



**The**  
Fleet & Family Support  
**Center**

Meeting Your Needs at Home & at Sea

FFSP provides services through the Fleet and Family Support Centers (FFSC) such as relocation assistance, new parent support, deployment services, clinical counseling services, financial management counseling, family employment services, family advocacy and the relocation assistance programs to assist service members and their families in need. FFSC has also recently opened a NEW SANTEE BRANCH!

**\*\*\*One Call Serves All!\*\*\***

For 24/7 assistance at any Navy Region Southwest FFSC, call 1-866-923-6478. For more information on Fleet and Family Support Programs, please <http://navylifesw.com/sandiego/families/ffsc/>.



Career Services



Command Leadership Corner



Counseling and Assistance



Deployment Support



Disaster Preparedness



Family Enrichment



Financial Support



Relocation Support



Retiree Support



Sexual Assault Prevention  
and Response

## Fleet & Family Support Center Locations (*Near TACRON TWELVE*)

Mon. - Fri., 7:30 am - 4:30 pm, Closed Sat., Sun., and holidays (unless otherwise noted)

### Naval Base San Diego

3005 Corbina Alley  
Bldgs. 259 & 263  
San Diego, CA  
(619) 556-7404

### Naval Base Coronado

318 Saufley Rd.  
Bldg. 318  
San Diego, CA  
(619) 545-6701





# SAN DIEGO METRO

COMMUNITY SUPPORT PROGRAMS

## \*\*\*Upcoming Events\*\*\*



### Summer Sizzler Softball Tournament

July 22-26 • NBSD • Softball Fields • FREE!

Games played on Naval Base San Diego Softball Fields and run 55 minutes each. Open to all! Prizes awarded! Games played at 5:15, 6:15 and 7:15 pm. 16-team single elimination format. Open only to active duty. Call (619) 556-7444 for more information.

### Summer Family Fitness & Movie Night

Friday, July 26 • 6:30-9 pm • FREE • (619) 553-4259

NBPL Main Base Fitness Center • Bldg. 1, Outdoor Exercise Area @ Smuggler's Cove.

Parents and children of all ages are welcome to join MWR Fitness for a night of outdoor family friendly fitness activities followed by a movie.



### POW/MIA 5K Run / 1 Mile Walk

Wednesday, September 11 • 10 am • FREE • NBSD • Admiral Prout Field House Track • (619) 556-7444

This run is open to all ID cardholders! Check-in begins at 8:30 am at the NNSD Track behind the Admiral Prout Field House, Bldg. 3279. All participants must check in and be pre-registered. There is no day-of registration. For more information, please call (619) 556-7444.

## Military Family RETREAT

Improve your family connections

July 12 • 9 am-2 pm  
Murphy Canyon Youth Center  
Open to all ages

Fun & Games  
Exercises  
Communication Techniques

Free childcare and lunch with RSVP  
before June 26  
858-277-4259 or  
FFSCSanDiego@mwrsw.com



Support the thousands of sailors in the San Diego area by sponsoring programs and events throughout the year.

Click the following link for more information:

<http://navylifesw.com/sandiego/about/sponsorship/>



**San Diego Military Outreach Ministries (MOM)** is a community supported charity that reaches out to young enlisted military families (E-5 and below and wounded warriors) in San Diego with a broad range of helping services. Among the services listed below, they also host regular motivational briefings on base.  
(For more details, visit [www.sandiegomom.org](http://www.sandiegomom.org), or call (619) 461-4164.



**Children's & Infant's Supplies...**



... to include diaper bags filled with personal items



**Food bags & Gift Cards**



**Household Goods & Furniture**



**Toys & Bikes**



**Baby Showers At Navy/Marine Bases**



**Family Readiness Gatherings & Holiday Events**



**\*\*\*Celebrating Young Military Families\*\*\***



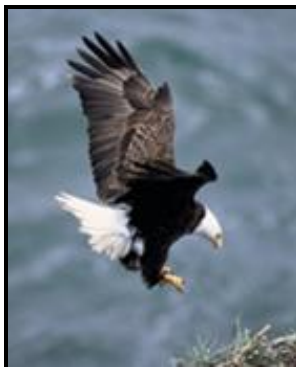
Want to know more information about taking a vacation with your family this summer to a National Park?

Visit <http://www.nps.gov/index.htm>



How about a National Wildlife Refuge?

<http://www.fws.gov/refuges/>



Then be sure to check out the **FREE** Military Annual Pass link at <http://www.store.usgs.gov/pass/military.html>!

The pass allows **ALL** active duty Army, Navy, Air Force, Marines and Coast Guard service members as well as most Reserve and National Guard service members and their dependents **FREE** access to Federal recreation sites!

**Additional details:** Pass covers all passengers in a non-commercial vehicle where per-vehicle charges are in effect; or the pass owner, plus three adults over age 16, as well as all youth under 16, where admission is charged per person. *The pass however does not cover expanded amenity fees.*





# Navy-Marine Corps Relief Society



The mission of the Navy-Marine Corps Relief Society is to provide, in partnership with the Navy and Marine Corps, financial, educational and other assistance to members of the Naval Services of the United States, eligible family members and survivors when in need and to receive and manage funds to administer these programs.

**Our Vision:** We are a private, non-profit, volunteer, service organization. As a Center of Excellence, we are committed to ensure that all available resources are used to assist personnel of the Naval Services - active, retired, and their eligible family members to achieve financial self-sufficiency and find solutions to emergency needs.

## NMCRS San Diego, FSO

Navy-Marine Corps Relief Society  
Bldg. 270, 3115 Dolphin Alley; PO Box 131470

Naval Base San Diego  
San Diego, CA 92170

Hours: Mon-Fri 0800-1600

Phone: (619) 238-1587/1589

DSN: 526-8283

Fax: (619) 531-0083

Email: [barry.white@nmcrs.org](mailto:barry.white@nmcrs.org)

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## Navy College Opportunities



Visit your local **Navy College office!** Navy College professionals provide educational services world-wide, anytime, anyplace to Sailors and their families, supporting their life-long learning goals and the Navy's mission. The following link provides information regarding the SOCNAV program and other benefits available to military families. Take full advantage of all of the awesome resources **Navy College** has to offer and go back to school!

Website: [http://www.soc.aascu.org/socnav/Spouses\\_AidResources](http://www.soc.aascu.org/socnav/Spouses_AidResources)







# American Red Cross



As a reminder, the American Red Cross has moved to a single telephone number for its emergency communication services.

All military members and their families can use one number: **877-272-7337 (U.S. Toll Free)** to send an urgent message to a service member. This means that all military members and their families can use this single number to initiate an emergency communication, regardless of where they live.

A call to **877-272-7337** allows Red Cross emergency communications services to put military personnel in touch with their families following the death or serious illness of an immediate family member, the birth of a service member's child or grandchild or when a family faces other emergencies.

Additional Red Cross services such as case management and emergency financial assistance also are available. For those stationed overseas, the three options for calling will remain the same: calling **877-272-7337** direct, accessing the number through a military operator or calling the local Red Cross station.

*\*For more information about the American Red Cross, and how you can reach out and donate, visit their website at [http:// www.redcross.org/](http://www.redcross.org/) \**



# With Our Powers Combined... We will Fundraise!

A Summary of Command MWR Fundraising Events of the 3<sup>rd</sup> Quarter, FY-13:  
Coachella, Stagecoach, and the Command Luau

By Fellow TALON, OS2 Mora

## COACHELLA

The weekends of 12-14 APR and 19-21 APR were great opportunities for the command to do over 400 volunteer hours outside a military venue. Coachella is a fun filled event for spectators to see various musicians from *Social Distortion* to *The Lumineers*. The volunteers were in charge of security and escort for the venue. The temperature reached over **100 degrees** but our **Talons** were troopers!

A special thank you to some key players that provided instrumental leadership: AC2 Gibbs, AC2 Spicer and AC2 Bertels. There were many others involved in the smooth evolution and the success of the event could not have happened without all of their help!

## STAGECOACH

Stagecoach was another great opportunity for the talons to show their support of the command outside of the military sector! The weekend of 26-28 APR provided the command with the opportunity to volunteer more than 200 hours of security, line control and escorting vendors for the venue. With the headliner for the weekend being *Toby Keith* and performers such as *Lady Antebellum*, the weekend was full of long hours, hot weather and good music!

## COMMAND LUAU

The Command Luau on 06 JUN was a fun filled event that allowed our command to interact outside of the work environment. We were also afforded a much appreciated opportunity to bring our families and let them meet our fellow Talons. The weather started out a little windy and overcast but as the day continued the skies cleared up and the sun came out. It was a great day overall. A special thanks to Lt. Miceli, AC2 Natividad, AC2 Ward, OS2 Johnson and the other personnel who lent a helping hand throughout the event! The pie in the face contest was such a huge hit. Because some bids for pies fetched for more than \$100, the command was able to raise over \$500 for contribution towards the **Command Holiday Party!**



IS2 Parsons (left) pies the one... the only... OS2 Mora (right) in the face at the Command Luau!



# The Foundry 365 Experience: Forging First Line Leaders

By Fellow TALON,  
LSI(SW/AW) Salamanca



Last month I attended "The Foundry 365", a leadership training course on board the USS Midway. It was a great experience and an eye opener, giving me a much broader view on leadership. The training was led by numerous CPO/SCPO/CMC from commands throughout Navy Region Southwest. If you have the opportunity, I highly recommend you attend next year's class! You have to submit an application and they only select only 50 PO1s to attend. During the one week period on board the USS Midway, we discussed and studied a lot about leadership, reviewed the "*Lincoln on Leadership*" book. We met three retired FORCE Master Chiefs, a Vietnam POW, 1 of 33 Pearl Harbor survivors still alive, a retired Seal Master Chief and wounded warriors at Balboa Hospital, all of which gave us their genuine point of view on leadership. We also had Physical Training with Navy Seals, participated in community service and reviewed the Chief Selection Board process. Other activities included in-depth discussion groups, evaluation writing training, SAPR awareness and Equal Opportunity training. Below is some of the most beneficial aspects of the Leadership training I experienced...

## Three Fundamentals to Leadership by CMC Mark Crampton Navy (Ret. Navy SEAL, 27 years)

- 1) Officers are "In Command"
- 2) Chief's are the "Authority/Accountability"
- 3) LPO's are "In Charge"

### Supervision Tenets

- 1) Planning and Organizing: Your priorities, action steps, schedule and to do list.
- 2) Optimizing resource use: Develop subordinates.
- 3) Delegating: Giving authority / accountability.
- 4) Monitor results: Trust and follow-up.
- 5) Reward: Public recognition for those that go above and beyond.
- 6) Disciplining: If you do it in public you may lose benefit of reprimand.

## Four Tenets of Leadership

- 1) Self-control: Knowing who you are and understanding your worth, your value.
  - 2) Influencing: Leading by example, sharing information and always answering the "Why".
  - 3) Team Building: Knowing your people and building relationships with your subordinates.
  - 4) Developing Subordinates: Caring for them, training them and always helping them.
- Don't call it "Intrusive Leadership", instead call it "Supportive Leadership" in the efforts to make someone else better!

## Toxic Leadership by George Reed (Ret. Army Major)

- 1) No concern for people.
- 2) Negative attitude affecting organizational climate.
- 3) Motivation by Self interest. Leadership Style is how YOU are viewed by your subordinates.

## BOTTOM LINE

The majority of what I took from this experience was to *always* remain humble, don't react but act and really **KNOW YOUR PEOPLE** by listening to them and their ideas!

# Welcome Aboard

ACCM TAYLOR  
AC1 MURPHY  
LS1 JAUREGUI  
AC2 GUPTON  
YN3 MUTTER  
ACAN COAKLEY

ACAN GOLDSCHMIDT  
OSSN HODGES  
OSSN RUBIN  
ACAA EVANS  
AR CAMPBELL

## Fair Winds and Following Seas

LCDR WALBORN  
LCDR HARTMAN  
LCDR FLEMING  
MAJ HILL  
ACCM ELLIS  
ACC HOLLOWAY

IT1 FECTEAU  
NC1 VIEW  
AC2 HARKINS  
AC2 KRAMARCHUK  
AC2 LAESSIG  
AC3 MALLETT

## Promotions

AC1 GRAEBER  
YN2 CAMPOVERDE  
AC2 WARD  
AC2 CHHAY  
OS2 MORPHIS

AC2 SHOUSE  
AC2 NGUYEN  
AC2 LONGSHORE  
AC2 PARTLOW  
AC2 NATIVIDAD

AC2 HALL  
AC3 PHILLIPS  
AC3 SEATON  
OS3 HARRIS  
DC3 LOPEZ

## Awards

### Navy Commendation Medal

ACCM ELLIS  
ACC HOLLOWAY  
LCDR HARTMAN  
MAJ HILL

### Navy Achievement Medal

LCDR WALBORN  
NCI VIEW  
AC2 WARD  
AC2 ALI  
AC2 LAESSIG

### Flag Letter of Commendation

IT1 GILBERT  
IS2 PARSONS  
AC2 CHHAY  
AC2 KRAMARCHUK

(Continued on following page)



# Awards

(Cont'd)

## Letter of Commendation

IT1 FECTEAU  
AC2 HARKINS  
AC2 CHHAY  
AC2 KRAMARCHUK

## Enlisted Surface Warfare Specialist

OS2 JOHNSON  
AC2 YBARRA  
OS2 WALTERS  
OS2 MORPHIS  
AC2 NGUYEN  
AC3 SUAREZCAMPOS

## Enlisted Air Warfare Specialist

YN1 MOSBARGER  
AC2 BOLOSAN  
AC2 STEWART  
AC2 SPICER  
AC2 CHHAY  
ACANDELLORSO  
ANFRIGO  
ACAA WALLER  
AA CHARGO

## Military Outstanding Volunteer Service Medal

AC1 MURPHY

## Good Conduct Medal

AC1 RAMIREZ  
AC2 ANDERSON  
AC2 GUPTON  
AC2 NGUYEN  
AC2 LONGSHORE  
AC2 GIBBS  
CS2 TAYLOR

## Letter of Appreciation

OSSN THOMAS  
OSSN COLASITO  
ACAN GOMEZ  
AN LORENZO

# TALON TIMES

## G\*A\*L\*L\*E\*R\*Y



**TACRON TWELVE Annual Command Photo taken on 06 Jun 2013.**



**Pictured above are Talons who are being commended and frocked by Skipper Hopkins for advancement from the previous exam cycle. From left to right: OS3 Harris, AC3 Seaton, DC3 Lopez, OS2 Morphis, AC2 Natividad, AC2 Partlow, AC2 Chhay, AC2 Nguyen, AC2 Longshore, AC2 Shouse and AC2 Ward.**



**TACRON TWELVE Sailors excelled by attaining their Enlisted Air Warfare Specialist (EAWS) and Enlisted Surface Warfare Specialist (ESWS) designations while on deployment. Pictured from left to right: AZ3 Marroquin, LCDR Cowart, YN1 Mosbarger, AC2 Bolosan, AC2 Stewart, and AC2 Chhay.**





**Our Sailors have received many noteworthy awards! Pictured on the left, ACC Holloway receives the Navy Commendation Medal for his end of tour award. Pictured on the right (from left to right) AC2 Ali and AC2 Ward receive Navy Achievement Medals. AC1 Murphy receives his Military Outstanding Volunteer Service Medal.**



**Our Command Luau was a success this year! We had quite a spread that fellow Talons and their families thoroughly enjoyed!**



**Another exciting portion of the Command Luau was the Pie-in-the-Face contest to generate funds for the 2013 CTG-1 Holiday Party! Pictured above is our XO, CDR Bandini, who is about to receive a pie in the face by AN Daley.**



**Additional events at the Command Luau included a Tug-of-War Competition!  
Look at the determination on our Talons' faces! Who do *you* think won??**



**Pictured above is perhaps one of the most memorable moments of the Command Luau. Skipper Hopkins prepares to receive a pie in the face from the entire Training Division. They put their money together and outbid everyone for the opportunity to pie our Skipper in the face!**



**Good thing our Skipper is a good sport! Their bidding alone raised over \$100!**



# ★HAPPY★ BIRTHDAY!



## JULY

**ACC SAALFRANK  
LCDR TAYLOR  
OS2 CRUMP  
OS2 MORPHIS  
AC3 PHILLIPS  
ACAN DELLORSO  
ACAA EVANS**

## AUGUST

**LCDR LITO  
OS1 TUIASOSOPO  
AC2 EARLY  
AC3 HALL  
AN MASSARI  
IS2 JERAN**

## SEPTEMBER

**LCDR STRZEMIENSKI  
ACC HOLLOWAY  
AC2 JIMENEZ  
OS2 JOHNSON  
AC2 WARD  
OS2 WALTERS  
OSSN THOMAS**



# **TALON TIMES:** **CLOSING REMARKS**

**TACRON TWELVE has had an eventful and memorable 3<sup>rd</sup> Quarter of FY-13 filled with countless military achievements. As a Command, we have excelled in many aspects of Naval and personal accomplishments through warfare qualifications, in-rate promotions, academics or training & developing the skills to successfully execute & augment each mission we set forth to complete. Let us unite & continue traveling down the same road for many great Quarters to follow! Keep up the outstanding work, Talons!**

*TALON Times Newsletter Editor: IS2(SW) Ashley L. Parsons*

